



# Family Support Center Hearts Apart Newsletter

March 2006 

Need help shoveling snow or another chore around the house/yard?

The *Junior Enlisted Association* has volunteers to assist *one time only* the spouses of military members living in base housing during deployments and remote tours. For more information call SrA Gabriel Wasnuk at 777-5501 or email at [Gabriel.Wasnuk@hill.af.mil](mailto:Gabriel.Wasnuk@hill.af.mil)

*The Hearts Apart Program can put you in touch with your loved one.*  
**Morale Calls** - You can make *two 15 minute calls per week* by calling 777-7221. (The deployed member must provide you with their DSN & Acct #)  
**Email** - You can send and receive email using our Computer Room.  
**VTC** - You can talk to your loved one and see them on TV.

## **The Federal Women's Program (FWP) Seminars**

**Who Says We Can't Do It**  
**Mar 13, 1:00-3:00 pm**

**Choosing Your Future & Making it Happen**  
**Mar 14, 1:00-3:00**

**Organize Your Workspace & Beyond**

**Mar 15, 9:00-11:00 am**

**Successful Interviewing**

**Mar 16, 9:00-11:00 am**

**If Your Stresses Change, Change Your Stress**

**Mar 20, 9:00-11:00 am**

**Debt VS. Wealth**

**Mar 21, 9:00-11:00 am**

**Fear is Not a Factor, Succeeding Beyond Your Fears of Success**

**Mar 22, 1:00-3:00 pm**

**Take this Job and Love It**

**Mar 28, 1:00-3:00 pm**

These are just some of the Seminars available to you, If you need more info please call Jenny Larson @ 586-1350.

All Seminars are held in building 1234 main conf room.



## **Strengthening Families**

We are having a special event for just the adults, sorry no children this time, however, this is all about families!

**Dr. Steven Covey** will be the guest speaker at the National Prayer Breakfast. He is a dynamic speaker and will focus on family matters.

**March 1st at 7:30 am in Hanger 37.** You must have received your ticket from your spouses 1<sup>st</sup> Sergeant. Your breakfast will paid for by the Hearts Apart Program.

Hearts Apart Activities are for spouses / loved ones and family of deployed military members. This includes TDY's, deployments, and remote assignments. If you have questions, need more information or just want to talk, call me at 775-4874 /777-4681 or email me at [carol.miller@hill.af.mil](mailto:carol.miller@hill.af.mil).  
Carol Miller, Hearts Apart Advisor

**FREE Movies at the Base Theater**  
Call 777-3394

# Happy St. Patrick's Day!

## **Give Parents A Break**

March 11<sup>th</sup>

5:00 PM-9:00 PM

April 8<sup>th</sup>

9:00 AM-1:00 PM

May 13<sup>th</sup>

5:00 PM-9:00 PM

June 10<sup>th</sup>

9:00 AM-1:00 PM

Call the CDC (777-6321) or Youth Center (777-2419)

no later than the Wednesday prior to register. You must get a voucher from the Family Support Center. This is for Air Force Families only.

☒ **Airman's Attic** is in need of Volunteers. This is a fun and rewarding experience, helping fellow wingman families. Free child-care and a list of on base providers is available. Please call 777-4681 if you are interested.



## **Car Care Program**

On the 31<sup>st</sup> day of a military member's deployment, spouses are authorized a free oil change. Come in to the Family Support Center and get your voucher for a free oil change (up to \$20.95)! Military members serving remote assignments are entitled to 2 free oil changes per year. This is for Air Force Families only.

## **Korea 101**

Mar 15<sup>th</sup>, 11:30-12:30

**Interviewing**

Mar 30<sup>th</sup>, 5:00-6:00 pm

**WIC**

Mar 1<sup>st</sup>, 11:30-12:30 & 4:45-5:45 pm

**Résumé's**

Mar 21<sup>st</sup>, 5:00-6:00 pm

**Getting Out of Debt**

Mar 7<sup>th</sup>, 4:45-5:45 pm

**Clutter Free Living**

Mar 9<sup>th</sup>, 11:30-12:30

To sign up, call 777-4681